

### The Best Programs

- Weight Loss Retreat
- Residential Boot Camp
- Fitness Days
- At home program
- Local group exercise

### The Best Locations

- Blue Mountains, NSW
- Sunshine Coast, QLD
- Local Programs

### Act now and get results...

- Why choose OnTrack
- Expert Team
- What clients say....
- Contact us
- FREE Brochure



**FREE**

OnTrack Magazine  
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## Weight Loss Retreat

- Overview
- Program Details
- Available locations
- Is it suitable for you?
- Typical Day
- Great Food
- Valuable education
- Lasting results
- Photo Gallery
- Testimonials

[Dates & Rates >>](#)

[Book Now >>](#)

[Contact us >>](#)

### Quick Contact box

Name Email

Question



## Weight Loss Retreat

*Lasting weight loss and lifestyle change for people of all ages, shapes, sizes and fitness levels.*

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brochure](#)



[Available  
locations](#)



[Dates &  
Costs](#)



[What clients  
say](#)

Hundreds of people have already transformed their lives with OnTrack's proven programs. With OnTrack you will lose weight, lose centimetres, get fit and experience lasting health and fitness results.

Our [Weight Loss Retreat](#) program is suitable for people of all ages, shapes, sizes and fitness levels. It is amazingly fun and extremely effective with amazing weight loss and fitness results. Whether you want a kick start or are embarking on a long term weight loss program our [Weight Loss Retreat](#) program will be one of the best experiences of your life – that's our promise to you.

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### Results for...

- Weight Loss
- Fitness goals
- Diabetes reduction
- Blood pressure reduction
- Depression improvement
- ...more health benefits

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## achieved

- ✓ Eliminate high blood pressure
- ✓ Eliminate Type 2 Diabetes
- ✓ Reduce cholesterol issues
- ✓ Improve previous injuries
- ✓ Reduce head aches
- ✓ Reduce stress
- ✓ No more anxiety
- ✓ Significant improvements for those suffering depression